

FOCUSQUEST PRESENTS...



UNLOCK YOUR SUCCESS



4 Keys to Your HBCU Early College Journey
Welcome Scholars!

Facilitated by Dr. Ndala Booker

READY TO LEVEL UP?

Today we're unlocking 4 POWER KEYS that will change your game!

Your mission (if you choose to accept it)

- **Discover** your success vision
- **Level up** your mindset
- **Take control** of your journey
- **Build habits** that WIN!



🌟 **KEY #1: PURPOSE** 🌟

"SEE IT. BELIEVE IT. ACHIEVE IT!"

What does YOUR success look like?



👁️ VISION QUEST 👁️

Close your eyes... What do you see?



Your dream job?

Your family proud?

Your community transformed?

Your name on that diploma?

That picture = Your North Star! ★

🤝 UBUNTU: "I AM BECAUSE WE ARE" 🤝

Your success isn't just about YOU!



- When you win, your family wins
- When you grow, your community grows
- When you succeed, you lift others up

Turn to someone next to you - share ONE WORD that describes your success picture!

🧠 KEY #2: ASSUMPTIONS 🧠

"STAY CURIOUS. STAY GROWING."

What you think you know vs. what you need to learn



REAL TALK TIME

What do you ALREADY know about success?

- Hard work pays off?
- Good grades matter?
- Dreams require attention

But here's the thing...
High school success needs NEW strategies!





“What GOT you here, may not KEEP you here!”

Middle School You vs. High School You

Middle School: "I already know this"

High School: "What can I learn today?"

Growth mindset > Know-it-all mindset

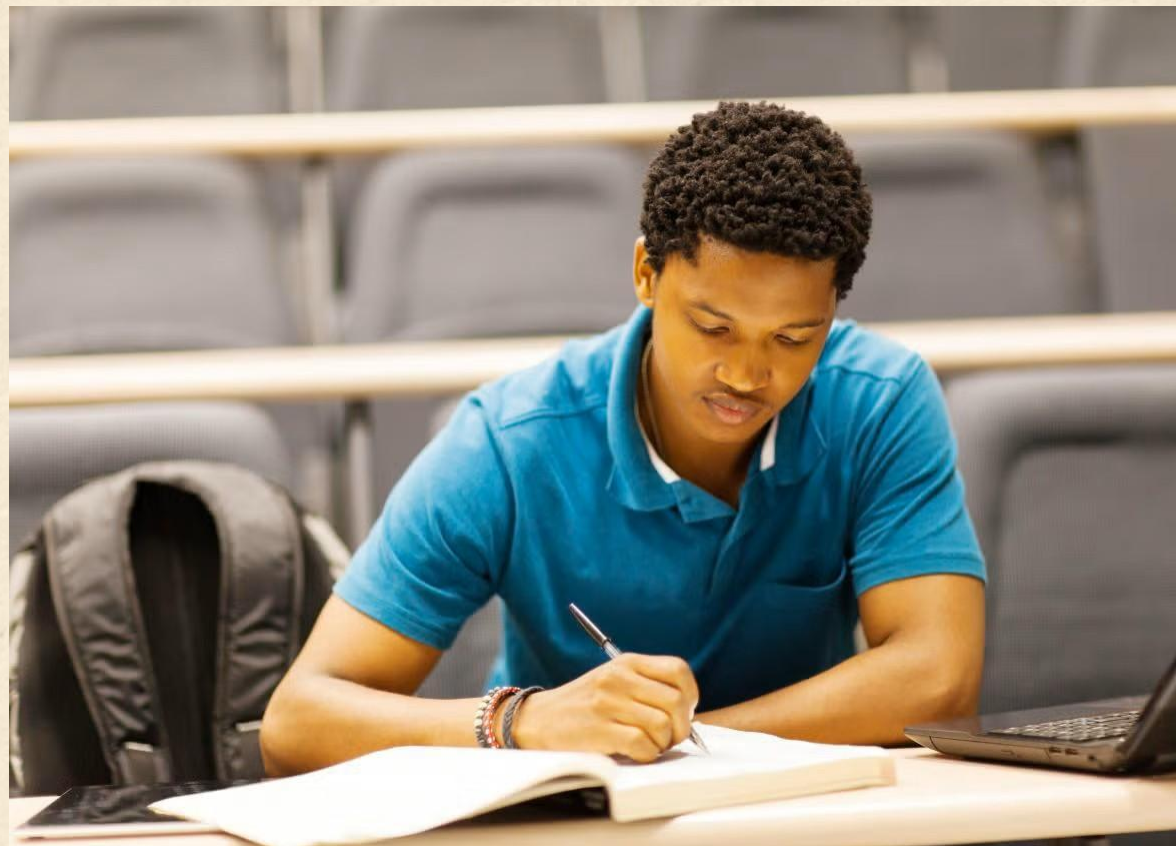


KEY #3: RESPONSIBILITY

“Response-Ability”

*You're not in Kansas anymore...
you're in the big leagues!*

THINK SMART, NOT JUST FAST



Decision-Making Upgrade:

- Emotional decisions = Usually bad decisions
 - Fearful decisions = Usually limiting decisions
 - LOGICAL decisions = SUCCESS decisions
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**Every choice has a consequence, so make them
COUNT!**

💪 OWN YOUR SUCCESS 💪



Your Success Zones:

Study Space = Your productivity headquarters

Assignments = Your commitment to excellence

Communication = Your superpower

Asking for Help = Your secret weapon

Communication is KEY - Speak up! Ask questions! Get support!

KEY #4: HABITS

🔥 "FUEL YOUR FIRE!" 🔥

What's helping you vs. what's hurting you?





DELETE THE GOAL-KILLERS



Habits that need to GO:

Procrastination

Negative Self talk

Toxic Influences

Emotional Decision Making

If it doesn't help you reach your goal, DELETE IT!

I'm too thin
It's not me
I don't deserve it
It's too hard
It's a waste of time
I won't work
I'm embarrassed
I'm too fat
I can't do it.



HABITS THAT MAKE YOU SHINE

MASTER YOUR
EMOTIONS

COMMUNICATE
Clearly and Often

Practice UMBUNTU
Lift as you climb!

Monitor your self
talk

Choose positive
influences!!

Be your own
Cheerleader!



GROW TOGETHER



We should be lifting each other up and cheering each other on, not trying to outshine one another. The sky would be awfully dark with just one star.

— STACIE —

Your habits don't just affect YOU

They impact your family

They influence your friends

They shape your community

Choose habits that elevate EVERYONE around you!

SELF TALK MATTERS

What if you applied ALL 4 keys EVERY single day?

What if you became UNSTOPPABLE?

What if you became the success story you are meant to be?

What if you started today?

What if...you Succeed??



⚡ **THE TIME IS NOW!** ⚡

You have the keys:

PURPOSE: Your North Star

ASSUMPTIONS: Stay curious

RESPONSIBILITY: Level up decisions

HABITS: Fuel your fire

YOUR JOURNEY STARTS NOW!



QUESTIONS??

Let's keep this energy going! What questions do you have about unlocking YOUR success?

Reach out to us!!

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